



Delivering Nourishment.  
Improving Health.

## Food as Medicine: Reducing Health Care Costs with Comprehensive Medical Nutrition Therapy

### **Mission Statement**

*Especially for people at acute nutritional risk from a life-threatening illness, MANNA prepares and delivers delicious nourishing meals, and counsel, empowering those individuals to battle their illness and improve their quality of life.*

*To learn more about MANNA or this research study, please contact:*

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Food as Medicine: Reducing Health Care Costs with Comprehensive Medical Nutrition Therapy is a groundbreaking pilot study which provides statistical evidence that critically ill nutritionally at-risk people served by MANNA incur lower health care costs than similar people who do not receive this service.

Using three years of health care claims, researchers at the OMG Center for Collaborative Learning tracked average monthly health care expenditures of 65 MANNA clients during the year before they received service and during the service period. Those costs were then compared with a group of 633 individuals who received coverage through a local Managed Care Organization (MCO), were matched for comparable health and demographics and who had health claims during the same period.

The results of this study speak to the power of comprehensive nutrition services delivered for MANNA at the cost of only \$450 per month per person.

### **Research showed clients who received MANNA services had significantly lower overall health care costs:**

- Average monthly health care costs of MANNA clients fell 62% for three consecutive months after beginning service for a drop of almost \$30,000.
- For HIV/AIDS patients, costs fell over 80% in the first three months.
- Even when MANNA clients' needed hospitalization, their improved nutritional status resulted in reducing the average number of monthly visits to half that of the comparison group and their length of stay for inpatient visits was 37% shorter.
- Monthly inpatient hospital costs of clients were 30% lower over the six months following initiation of services as compared to the six months prior to starting MANNA.
- The costs of inpatient hospitalizations of MANNA clients were 40% lower. On average, the MCO paid out \$12,000 less per month for MANNA clients.
- MANNA clients were over 20% more likely to be released from the hospital to home rather than to long-term care or health care facility.
- MANNA clients living with HIV/AIDS cost the MCO an average of \$20,000 less per month.